

# Simple Rice Paper Rolls

Makes: around 20 rolls

There are lots of steps to this recipe, so it is ideal for a group to make. It is very important to make sure that none of the diners has any allergy to peanuts.

Photos by Simon Griffiths and Mark Coulson.

## Equipment:



measuring spoons



metric measuring cups



baking tray covered with baking paper



timer



bowls – 2 small, 1 medium, 2 large



kitchen scales



large saucepan



colander



3–4 tea towels

## Equipment (continued):



chopping board



knives – 1 small,  
1 large



vegetable peeler



grater



big salad bowl



wooden spoon



salad spinner



tablespoon



lemon juicer



disposable gloves  
(optional)



small bowl for  
dipping sauce



serving plate

## Ingredients:



½ cup shelled  
peanuts (optional)



150 g rice  
vermicelli noodles



12 stems coriander,  
plus extra for salad



2 medium carrots



2 cups bean  
sprouts



5 spring onions



15 Vietnamese  
mint leaves, plus  
extra for salad



10 big, crisp  
lettuce leaves



25 rice paper  
wrappers

## For the dipping sauce:



2 cloves garlic



1 lemon or lime



1 small red chilli



1 tablespoon  
sugar



$\frac{1}{4}$  cup rice vinegar



$\frac{1}{4}$  cup fish sauce  
(or to taste)



## What to do:



If using peanuts, turn on the oven to 180°C.



Scatter the peanuts over the paper on the baking tray and put them in the oven.



After 10 minutes, remove the peanuts from the oven. Turn off the oven.



When the peanuts are cool, place them in the small bowl.

Wipe down the baking tray.



Weigh 150 g of rice vermicelli noodles.

Place them in one of the large bowls. Add warm water to the bowl.

Soak the noodles for 10 minutes.



Put the saucepan on the stove and turn on the heat to high.



Put water in the large saucepan until it's about half full. The water needs to come to the boil.



Place the colander in the sink.  
Tip the noodles into the colander to drain.



When the water on the stove is boiling, **ask an adult** to help you carefully tip the drained noodles into the boiling water.

Boil for 2 minutes.



After 2 minutes, **ask an adult** to help you pour the noodles and water through the colander.

Rinse well with cold water.



Tip the noodles onto a clean tea towel and pat them dry.



Return the noodles to the large bowl you used before for soaking.

## Preparing the vegetables:



While the noodles are soaking, you can prepare the other ingredients.

Fill a small bowl with water and soak the coriander in it.



Fold a damp tea towel and place it under the chopping board.

Get the knives, peeler and grater.



Peel the carrots.



Grate the carrots using the largest holes on the grater.

Tip the shreds into the medium bowl.



Chop the roasted peanuts and add them to the bowl with the carrots.



Add most, but not all, of the bean sprouts to the bowl with the carrots.

Save some and place them in the big salad bowl.



Trim the outside layer from the spring onions.  
Cut off the tops and ends.



Slit the spring onions down their length.  
Cut them into thin strips, about 4 cm long.  
Add them to the carrot bowl.  
Put the scraps in the compost bucket.



Lift the coriander out of its soaking water.



Rinse the mint in the water.



Dry the coriander and mint by rolling them  
in a tea towel.



Chop the coriander and mint roughly.





Add most, but not all, of the coriander and mint to the bowl with the carrots.

Place the saved coriander and mint in the salad bowl with the bean shoots.



Pick up the bowl with the carrots and use the wooden spoon to mix everything together.



Rinse the lettuce leaves.

Dry them in the salad spinner.



Place the lettuce in the salad bowl with the bean shoots, coriander and mint.

Mix through carefully then set the salad aside.



Fill the second large bowl with warm water and place it on the workbench.

Place a dry tea towel next to the bowl.



Get out the rice paper wrappers.

Dip each wrapper in warm water for about 30 seconds. The water will make them soft. They will start to feel pliable and slippery.



Lift each wrapper from the water.  
Spread the wrappers over dry tea towels.  
Don't worry if some tear – you have a few extra, just in case.



Take a tablespoon and scoop up some of the carrot mixture.  
Place the carrot mixture on the wrapper about a third of the way from the bottom. (Leave a little space at each end to seal the roll later.)



Fold the bottom of the wrapper over the filling and roll it over twice.  
Tuck in the ends. Continue to roll until you have a firm log shape.



Take a tea towel that is slightly damp (one of the ones used to dry the noodles or herbs). Place it on a baking tray. This can be the tray you used to roast the nuts.



Pick up each roll very gently. Turn each one so that the seam side is on the bottom.  
Place them gently on the damp tea towel.



Place another damp tea towel over the rolls. Keep the rolls covered like this to stop them from drying out.

Keep making rolls until you have used all your filling, or all your rice paper wrappers.

### To make the dipping sauce:



Peel the garlic.

Chop it finely and place it in the small serving bowl.



Juice the lemon or lime with the lemon juicer. Measure 2 tablespoons of juice and add it to the small serving bowl.



Put on the disposable gloves, if you are using them.



Cut the chilli in half length-ways.



Scrape out the seeds.



Slice half of the chilli finely and add it to the bowl. (Keep the other half for another recipe.)

Take off the gloves and put them in the bin, being careful not to touch the fingers of the gloves.



Measure the sugar, rice vinegar and fish sauce and add them to the small serving bowl.



Set out the rice paper rolls on the serving plate, and place the dipping sauce and salad nearby.